

Nursery Age 2-6 Menu (1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Horlicks Sweet bun	Congee with lean pork & corn	Alfabeto with lean pork & fuzzy melon	Honey stars in milk	Milk Bread
Lunch	Chicken with corn Stir-fried pork with napa cabbage	Stir-fried egg with beef Stir-fried chicken fillet with cabbage	Tofu with assorted vegetables & lean pork Chicken with carrot & fuzzy melon	Stewed fish fillet with tomato & egg Stir-fried chicken with choy sum	Steamed egg with chicken Lean pork with long napa cabbage	Rice noodle soup with choy sum & chicken
Soup	Lotus root soup with dried octopus & pork ribs	Fish tail soup with potato & tomato	Snow fungus soup with dates & chicken feet	Lean pork soup with Ching Po Leung	Beef soup with green radish & carrot	
Fruit	Seasonal fruit					
Refreshments	Macaroni with long napa cabbage & lean pork	Shanghai noodles with lean pork & Chinese white cabbage	Steamed milky egg custard Bread	Milk Jam sandwiches	Chicken congee with egg	

Day Crèche Age 1-2 Menu (1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Horlicks Sweet bun	Congee with lean pork & corn	Alfabeto with lean pork & fuzzy melon	Honey stars in milk	Milk Bread
Lunch	Chicken with corn Stir-fried pork with napa cabbage	Stir-fried egg with beef Stir-fried chicken fillet with cabbage	Tofu with assorted vegetables & lean pork Chicken with carrot & fuzzy melon	Stewed fish fillet with tomato & egg Stir-fried chicken with choy sum	Steamed egg with chicken Lean pork with long napa cabbage	Chicken Congee with egg & choy sum
Soup	Lotus root soup with dried octopus & pork ribs	Fish tail soup with potato & tomato	Snow fungus soup with dates & chicken feet	Lean pork soup with Ching Po Leung	Beef soup with green radish & carrot	
Fruit	Seasonal fruit					
Refreshments	Macaroni with long napa cabbage & lean pork	Shanghai noodles with lean pork & Chinese white cabbage	Milk Bread	Milk Bread	Chicken congee with egg	

Day Crèche 8 months – Age 1 Menu (1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk
Lunch	Minced lean pork Napa cabbage Egg	Minced beef Cabbage Egg	Minced chicken Fuzzy melon Egg	Minced fish Choy sum Egg	Minced lean pork Napa cabbage Egg	Minced chicken Choy sum Egg
Soup	Lotus root soup with dried octopus & pork ribs	Fish tail soup with potato & tomato	Snow fungus soup with dates & chicken feet	Lean pork soup with Ching Po Leung	Beef soup with green radish & carrot	
Fruit	Apple puree					
Refreshments	Milk Bread	Milk Bread	Milk Bread	Milk Bread	Milk Bread	

Nursery Age 2-6 Menu (2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Milk Sweet bun	Shredded chicken congee with corn	Alfabeto with lean pork & fuzzy melon	Cocoa balls in milk	Milk Bread
Lunch	Lean pork with long napa cabbage Chicken with pumpkin	Steamed egg with chicken Stir-fried lean pork with napa cabbage	Lean pork with choy sum Chicken with carrot & tofu	Steamed egg with beef Stewed carrot with shredded chicken & cabbage	Stir-fried egg with lean pork Fish with long napa cabbage & carrot	Macaroni with choy sum & lean pork
Soup	Dace soup with kudzu root & adzuki bean	Lean pork soup with winter melon & dried shiitake mushroom	Chicken soup with fuzzy melon & dried Chinese dates	Lean pork soup with apple & apricot kernels	Lean pork soup with Ching Po Leung & pumpkin	
Fruit	Seasonal fruit					
Refreshments	Conchiglioni with choy sum & lean pork	Shanghai noodles with minced lean pork & Chinese white cabbage	Steamed milky egg custard Bread	Ovaltine Jam sandwiches	Chicken congee with egg	

Day Crèche Age 1-2 Menu (2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Milk Sweet bun	Shredded chicken congee with corn	Alfabeto with lean pork	Cocoa balls in milk	Milk Bread
Lunch	Lean pork with long napa cabbage Chicken with pumpkin	Steamed egg with chicken Stir-fried lean pork with napa cabbage	Lean pork with choy sum Chicken with carrot & tofu	Steamed egg with beef Stewed carrot with shredded chicken & cabbage	Stir-fried egg with lean pork Fish with long napa cabbage & carrot	Macaroni with choy sum & lean pork
Soup	Dace soup with kudzu root & adzuki bean	Lean pork soup with winter melon & dried shiitake mushroom	Chicken soup with fuzzy melon & dried Chinese dates	Lean pork soup with apple & apricot kernels	Lean pork soup with Ching Po Leung & pumpkin	
Fruit	Seasonal fruit					
Refreshments	Conchiglioni with choy sum & lean pork	Shanghai noodles with minced lean pork & Chinese white cabbage	Milk Bread	Milk Bread	Chicken congee with egg	

Day Crèche 8 months – Age 1 Menu (2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk
Lunch	Minced chicken Pumpkin Egg	Minced chicken Napa cabbage Egg	Minced lean pork Lettuce Egg	Minced beef Cabbage Egg	Minced fish Long napa cabbage Egg	Minced lean pork Choy sum Egg
Soup	Dace soup with kudzu root & adzuki bean	Lean pork soup with winter melon & dried shiitake mushroom	Chicken soup with fuzzy melon & dried Chinese dates	Lean pork soup with apple & apricot kernels	Lean pork soup with Ching Po Leung & pumpkin	
Fruit	Apple puree					
Refreshments	Milk Bread	Milk Bread	Milk Bread	Milk Bread	Milk Bread	

Nursery Age 2-6 Menu (3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Horlicks Butter loaf	Congee with lean pork & corn	Alfabeto with lean pork & fuzzy melon	Cereal in milk	Milk Bread
Lunch	Stir-fried shredded pork with napa cabbage Steamed egg with chicken	Stir-Fried egg with tomato Pork with fuzzy melon	Stir-fried pork with long napa cabbage Stewed tofu with corn & carrot	Steamed egg with beef Stir-fried lean pork with choy sum	Fish fillet with tomato & potato Lean pork with cabbage	Chicken congee with lettuce & egg
Soup	Chicken soup with Ching Po Leung	Snow fungus soup with papaya & lean pork	Beef soup with green radish & carrot	Fish soup with tomato & potato	Pork soup with chayote & apricot kernels	
Fruit	Seasonal fruit					
Refreshments	Shanghai noodles with lean pork & Chinese white cabbage	Conchiglioni with assorted vegetables & chicken	Steamed milky egg custard Bread	Milk Jam sandwiches	Chicken congee with egg	

Day Crèche Age 1-2 Menu (3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Milk Bread	Congee with lean pork & corn	Alfabeto with lean pork & fuzzy melon	Cereal in milk	Milk Bread
Lunch	Stir-fried shredded pork with napa cabbage Stewed egg with chicken	Stir-Fried egg with tomato Pork with fuzzy melon	Stir-fried pork with long napa cabbage Stewed tofu with corn & carrot	Steamed egg with beef Stir-fried lean pork with choy sum	Fish fillet with tomato & potato Lean pork with cabbage	Chicken congee with lettuce & egg
Soup	Chicken soup with Ching Po Leung	Snow fungus soup with papaya & lean pork	Beef soup with green radish & carrot	Fish soup with tomato & potato	Pork soup with chayote & apricot kernels	
Fruit	Seasonal fruit					
Refreshments	Shanghai noodles with lean pork & Chinese white cabbage	Conchiglioni with assorted vegetables & chicken	Milk Bread	Milk Bread	Chicken congee with egg	

Day Crèche 8 months – Age 1 Menu (3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk
Lunch	Minced pork Napa cabbage Egg	Minced chicken Fuzzy melon Egg	Minced lean pork Long napa cabbage Egg	Minced beef Choy sum Egg	Minced fish Cabbage Egg	Minced lean pork Lettuce Egg
Soup	Chicken soup with Ching Po Leung	Snow fungus soup with papaya & lean pork	Beef soup with green radish & carrot	Fish soup with tomato & potato	Pork soup with chayote & apricot kernels	
Fruit	Apple puree					
Refreshments	Milk Bread	Milk Bread	Milk Bread	Milk Bread	Milk Bread	

Nursery Age 2-6 Menu (4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Horlicks Sweet bun	Chicken congee with corn	Alfabeto with chicken & assorted vegetables	Koko krunch in milk	Milk Bread
Lunch	Steamed egg with beef Lean pork with napa cabbage	Chicken with potato Stir-fried tomato with egg	Chicken with carrot & napa cabbage Lean pork with fuzzy melon	Stir-fried egg with lean pork Chicken, tofu & pumpkin	Stir-fried lean pork with cabbage Steamed egg with fish	Rice noodle soup with long napa cabbage & shredded chicken
Soup	Chicken soup with coconut & dried Chinese dates	Lean pork soup with chayote & apricot kernels	Beef soup with tomato and potato	Lean pork soup with winter melon & Dried shiitake mushroom	Chicken soup with Ching Po Leung & pumpkin	
Fruit	Seasonal fruit					
Refreshments	Macaroni with cabbage, carrot & lean pork	Shanghai noodles with chicken & Chinese white cabbage	Steamed milky egg custard biscuit	Milo Jam sandwiches	Chicken congee with egg	

Day Crèche Age 1-2 Menu (4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk oatmeal with eggs	Milk Bread	Chicken congee with corn	Alfabeto with chicken & assorted vegetables	Koko krunch in milk	Milk Bread
Lunch	Steamed egg with beef Lean pork with napa cabbage	Chicken with potato Stir-fried tomato with egg	Chicken with carrot & napa cabbage Lean pork with fuzzy melon	Stir-fried egg with lean pork Chicken, tofu & pumpkin	Stir-fried lean pork with cabbage Steamed egg with fish	Rice noodle soup with long napa cabbage & shredded chicken
Soup	Chicken soup with coconut & dried Chinese dates	Lean pork soup with chayote & apricot kernels	Beef soup with tomato and potato	Lean pork soup with winter melon & Dried shiitake mushroom	Chicken soup with Ching Po Leung & pumpkin	
Fruit	Seasonal fruit					
Refreshments	Macaroni with cabbage, carrot & lean pork	Shanghai noodles with chicken & Chinese white cabbage	Milk Bread	Milk Bread	Chicken congee with egg	

Day Crèche 8 months – Age 1 Menu (4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk
Lunch	Minced beef Napa cabbage Egg	Minced chicken Tomato Egg	Minced lean pork Long napa cabbage Egg	Minced chicken Pumpkin Egg	Minced fish Cabbage Egg	Minced chicken Choy sum Egg
Soup	Chicken soup with coconut & dried Chinese dates	Lean pork soup with chayote & apricot kernels	Beef soup with tomato and potato	Lean pork soup with winter melon & Dried shiitake mushroom	Chicken soup with Ching Po Leung & pumpkin	
Fruit	Apple puree					
Refreshments	Milk Bread	Milk Bread	Milk Bread	Milk Bread	Milk Bread	